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NEWS
WORTH
SHARING.



UN meeting to focus on ISIS

General Assembly will work to reach consensus on how to deal with extremist group **PAGE 6**

Panda hoopla after Hail Mary

Spectators rush the field after Ravens beat Gee-Gees with 55-yard catch **PAGE 5**

Gaga feels the pain of fame

Star talks split with manager, her under-selling album, and how pop's gotten 'trashy' **PAGE 10**

A sweet match for arugula

Peppery green pairs perfectly with sweet potato in this protein-packed salad **PAGE 17**

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Got beef with city hall?

Take a bite out of politics with the #OTTBURGERPOLL and tell everyone who should be Mayor McCreese of the capital. It's Metro Ottawa and Burgers n' Fries Forever's burger poll, where the number of patties sold may tell us which politician you find most palatable — or it may just give you a good excuse to chow down on a tasty burger! See page 4 for more on how we constructed this delicious but thoroughly unscientific poll.

TREVOR GREENWAY/METRO

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News worth sharing.



FIVE THINGS YOU NEED TO KNOW TODAY

1

LANE REDUCTION

Vanier Parkway will be reduced to a single lane each direction between Coventry and Tremblay roads Monday to prepare for the replacement of the Vanier Parkway 417 overpass.

2

FOR A GOOD CAUSE

Go watch superhero-clad Easter Seals supporters rappel 20 storeys down the Morguard building to help support kids with physical disabilities at 280 Slater St. The action goes from 8 a.m. to 3 p.m.

3

BACK TO SCHOOL

It's back to the books — finally — for half a million students in British Columbia after a bitter teachers' strike that claimed the first three weeks of the new school year.

4

CIVIL-RIGHTS ISSUE

Civil-rights activists say Citizenship and Immigration Canada isn't doing enough to prevent potential abuses of its plan to revoke passports of those suspected of joining terror groups.

5

NEIGHBORS OUT ON DVD TUESDAY

The DVD/Blu-ray release of *Neighbors*, starring Seth Rogen and Zac Efron, is out Tuesday. If you missed it in theatres be sure to pick it up tomorrow.

Canada Army Run welcomes a record 25,000 participants

Money raised.

Preliminary count of donations raised totals at least \$350,000 for military charities



JOE LOFARO
joe.lofaro@metronews.ca

Maxime Leboeuf had no idea he was going to be first runner to cross the finish line Sunday in the Canada Army Run half-marathon, but he did have a few things working in his favour.

The rain held off just before he finished, an energetic crowd of supporters lined the barriers and, of course, his girlfriend Marika was patiently waiting for him at the end.

The couple, both soaked from the rain, kissed each other through the fence as soon as he finished.

In his first Army Run ever, the 27-year-old finished with a time of 1:10:41.

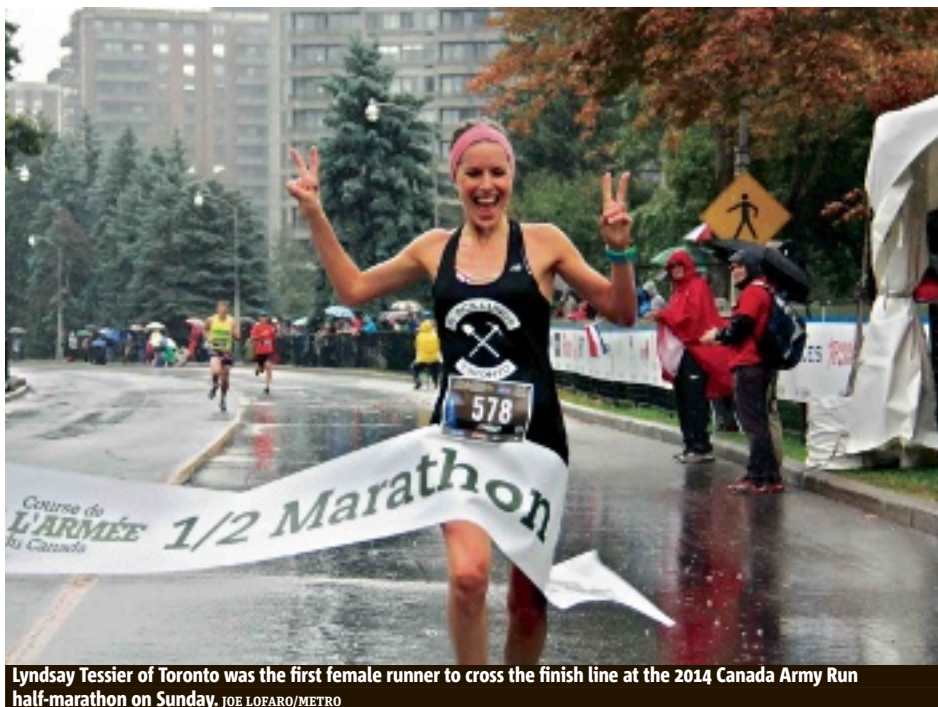
"A lot of my friends were racing because they're either in the military or they want to support the cause. I work in Ottawa and I value the work that these guys do," said Leboeuf. "It's a really good vibe and for a really good cause. I don't see any good reason not to do it."

For the seventh edition of the Army Run, a record 25,000 people participated in the half-marathon and 5k run on Sunday. The annual event, which raises money for military charities Soldier On and the Military Families Fund, resulted in \$310,000 in donations last year.

The run also includes ill, injured and disabled soldiers, who get a 15-minute head-start.

Several dozen spectators watched on the sidelines despite the rain and cheered on thousands of wet runners as they completed the race.

It's what pushed Lyndsay Tessier through the crowd of racers to be the first female runner to finish the half-marathon at 1:20:42. The Toronto native said she usually listens to her iPod halfway through



Lyndsay Tessier of Toronto was the first female runner to cross the finish line at the 2014 Canada Army Run half-marathon on Sunday. JOE LOFARO/METRO

the race after she's established her rhythm.

"But today it bothered me so I took it out. Plus, I wanted

to hear the crowd," she said, still catching her breath. "It actually struck me partway through that I should be thank-

ing the volunteers and paying attention to the volunteers who are coming out in this weather."

1 NEWS

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Chew-chew-choose the burger to run this burg

Select whose sandwich is to your taste, then stuff your face. Metro and Burgers n' Fries Forever, on Bank Street, have partnered to conduct a thoroughly unscientific — and thoroughly delicious — poll to predict Ottawa's next mayor.

TREVOR GREENWAY
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An Ottawa burger joint is serving up a political feast leading up to next month's municipal election, with six new mayoral burgers boasting everything from spicy deep-fried jalapenos to fries and gravy.

Burgers n' Fries Forever owner Jamil Bhuya teamed up with Metro to create burgers for six of Ottawa's mayoral candidates and he hopes it creates some political food for thought in his Bank Street resto.

"I am sure a lot of people don't even know municipal elections are coming up, so this will be a cool way for them to know," said the 25-year-old Bhuya.

"They might not necessarily order a burger, but just to have it in the back of their mind that elections are coming up."

Bhuya worked with Metro and created burgers for incumbent Jim Watson, Darren Wood, Bernard

Couchman, Mike Maguire, Anwar Syed and Robert White. Late entrants Rebecca Pyrah and Michael St. Arnaud didn't make the menu.

Bhuya will keep a tally of the burger orders for a not-so-scientific poll. Results of the race will be available online at metronews.ca.

But more than just keeping track, Bhuya really wants to encourage younger Ottawans to vote in the upcoming election, as a "shifting workforce" is putting younger voices in charge.

"We are going to be taking over slowly," said Bhuya, adding that he wants customers to tweet photos of their mayoral burger of choice.

"I didn't vote too much when I was younger. I am starting to a lot more now."

All burgers are \$9.50. Ottawa heads to the polls on Oct. 27.



Burgers n' Fries Forever co-founder Jamil Bhuya smiles from behind the lineup of mayoral burger hopefuls he and his staff crafted for the poll. Bhuya says it's important to get the word out to people to exercise their right to vote.
TREVOR GREENWAY/METRO

What's on the political menu?



Jim Watson LRT Burger

Lettuce
Red onions
Tomatoes
Mayo
Two patties

Inspired by Watson's LRT project, with two patties for two phases of LRT.



Mike Maguire Fighting Irish Burger

Fries
Gravy
Sautéed mushrooms
Aged cheddar
Beef

Inspired by an Irish Guinness pie. Aged cheddar since it's his second time running.



Darren Wood Burger

Chipotle mayo
Blue cheese
Onion ring
Beef

Inspired by Metro's profile of Wood as fiscally responsible, hot under the collar about city hall spending, and also a wedding officiant.



Anwar Syed Burger

Samurai Mayo
Deep-fried jalapenos
Spicy fried onions
Falafel patty

Exotic ingredients and spicy toppings reflect Syed's travels and experience in India, Japan, Saudi Arabia, Jamaica and Suriname.



Robert White Burger

Falafel patty
Spinach
Avocado purée
Cucumbers
Swiss cheese

Inspired by White's stance on wanting to renegotiate the Orgaworld green bin contract.



Bernard Couchman Burger

BFF Sauce
Caramelized onions
Aged cheddar
Bacon
Beef

Couchman has been a bit of a mystery, so the inspiration for this burger is just as enigmatic.

Privacy. Woman alleges Rogers shares account info with ex-roommate

An Ottawa woman is considering legal action against Rogers Communications Inc. because the telecom provider allegedly shares her account information with an ex-roommate.

Allison Mills said Rogers sends her friend and former roommate personal information including cable and Internet bills and account details. Likewise, she's getting her ex-roomie's cellphone account information.

"I have her account number. I have her top-10 phone numbers that she calls. I know what phone plan she's on," Mills said. "We are able to call Rogers and give our account information and receive each other's account information, regardless of our security numbers not being the same and our account

numbers not being the same."

In one case, she said, a \$300 payment was made, but the transaction details went to the other account.

Mills said it has been an ongoing issue for the past five years, despite the fact that they have not lived together for at least that long. She has repeatedly called Rogers to fix the issue, but they can't seem to figure out the security glitch. She said she has spoken to the company vice-president, who has offered her discounts, but that does not fix what she calls a violation of privacy rights.

A Rogers spokesperson said the company was conducting an investigation and had contacted Mills to apologize.

"We have found there was a mix-up with the contact information that was placed on the two customers' files, but believe none of Ms. Mill's (sic) personal information was sent to her former roommate," the email reads.

Mills was still selecting a lawyer at press time.

JOE LOFARO AND LUCY SCHOLEY/METRO



Allison Mills
CONTRIBUTED

Allergy research

Peanut Project to tap crowdfunding

It's a link often suggested but so far unproven — whether a disruption in gut bacteria plays a role in the rising rate of peanut allergies in North America.

A research team at Carleton University wants to take that question to the lab and test whether disrupting the digestive tracts of mice triggers allergic reactions.

And starting Monday, they are turning to crowdfund-

ing to make that happen, rather than opting for the usual route of applying for a research grant.

"This is such a topical project that we thought it might work well with crowd participation," says Shawn Hayley, associate professor of neuroscience and member of the Peanut Project team.

Last year, Carleton became the first university in Canada to launch its own crowdfunder: futurefunder.carleton.ca. The Peanut Project hopes to raise \$20,000 over the next six months.

TORSTAR NEWS SERVICE



Carleton Ravens reach for the Pedro the Panda Trophy after an emotional last-minute win on a Hail Mary pass against the Ottawa Gee-Gees Saturday.
W. KYLE FAZACKERLEY/FOR METRO

Pandemonium at the Panda Game

'It was craziness.'
Carleton Ravens snag Panda Game win with 55-yard Hail Mary



JOE LOFARO
joe.lofaro@metronews.ca

It's hard to tell which was more remarkable: Carleton Ravens wide receiver Nathaniel Behar catching a game-changing 55-yard Hail Mary on Saturday or the swarm of spectators rushing the field

after the touchdown.

Whichever way you look at it, the last five seconds of this year's rivalry match between the Ravens and the University of Ottawa Gee-Gees at TD Place is probably Panda Game history.

A clip of the Hail Mary pass from Ravens quarterback Jesse Mills and the ensuing on-field frenzy of football fanatics is available on YouTube. The Ravens were down 31-27 with just five seconds left before the ball bounced off a Gee-Gee's arm and into Behar's grasp.

"I can't take much credit.

It literally just bounced off and hit my hands. I was just as shocked as I'm sure everybody else in the entire stadium was, if not more," said Behar, 19, Sunday of Carleton's 33-31 win.

As Raven after Raven piled on top of him in celebration, hordes of fans rushed onto the field as if they were running for dear life out of a burning building.

Even Behar couldn't believe it.

"I've never been a part of anything like that. You see it on TV, you see it in movies, you see it more in America,

I guess. During their games they rush the field. To actually be a part of it was craziness," he said. "Even people you don't know, they very quickly became your best friend."

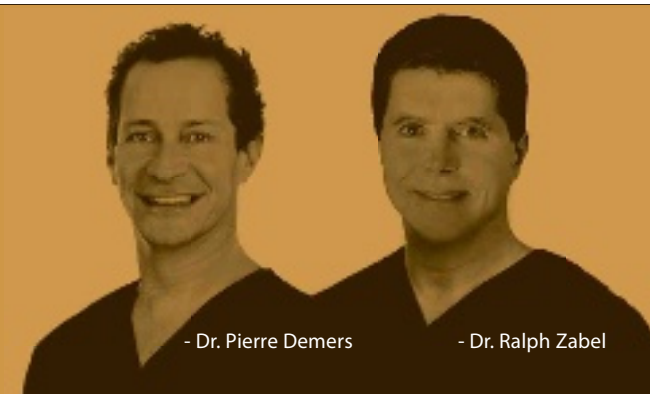
It was an impressive feat for an underdog team that just made a comeback last year after an extended hiatus from football starting in 1998. Now, the team is focusing on its future and making a name for itself.

"We can't get complacent with anything," said Behar. "This is one game. We just gotta keep developing every single day."

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UN meeting to focus on threat of ISIS

'Horrendous violence.' Secretary-General Ban Ki-moon says he hopes the General Assembly will lead to consensus in fight against ISIS

A brutal terrorist organization that calls itself a state but lacks recognition from any government will take centre stage when more than 140 heads of state and government convene for the annual ministerial meeting of the UN General Assembly this week.

The head of the so-called Islamic State of Iraq and al-Sham (ISIS), a man called Abu Bakr al-Baghdadi, has not been invited. But the danger posed by the extremists will be the overriding theme.

"Together, we will address the horrendous violence in Syria and Iraq, where conflict and governance failures have provided a breeding ground for extremist groups," UN Secretary-General Ban Ki-moon told a news conference last week.

With world leaders grappling to stitch together a coalition and plan of action, Ban said he hopes the General Assembly session will help produce an international consensus to act against the extremist group.

On the sidelines, U.S. President Barack Obama will lead a summit meeting of the Security Council to focus on one aspect of the threat — foreign terrorist fighters. A draft resolution expected to be adopted by the 15-member council would require all coun-



This image captured from a video posted on a militant website, which has been authenticated, purports to show the leader of ISIS, Abu Bakr al-Baghdadi, delivering a sermon in Iraq. THE ASSOCIATED PRESS

tries to prevent the recruitment and transport of would-be foreign fighters preparing to join terrorist groups such as ISIS. It would also require the 193 UN member states to ensure that their domestic laws and regulations punish their nationals who travel — or attempt to travel — to another country to plan or carry out terrorist acts, and it threatens sanctions against recruiters and financiers for al-Qaida associated groups.

The ISIS group was established in Iraq but spread in early 2013 to Syria, where it grew in the chaos of that country's civil war. Its fighters rampaged across northern and western Iraq in June, seizing a huge swath of land and sending tremors across the Middle East.

The group controls territory stretching from northern Syria to the outskirts of Baghdad, and have established what they call an Islamic state ruled by their harsh interpretation of Islamic law. THE ASSOCIATED PRESS



Westgate Mall attack in Kenya marks one year

Gloria, 4, centre, whose father Christopher Chewa was killed in the Westgate Mall attack, wipes the tears from the eyes of her mother Faith Njoki as they hug, on Sunday. Her baby brother Edwin, 1, left, is held by a relative, after joining other families of the victims to lay flowers and remember at the Amani Garden memorial site in the Karura Forest in Nairobi. Kenya is marking one year since four gunmen stormed the upscale Westgate Mall in Nairobi, killing 67 people. A memorial plaque with the names of the victims was unveiled at the popular forest on the edge of the city. Families laid flowers for their lost loved ones, sharing memories and tears.

BEN CURTIS/THE ASSOCIATED PRESS

Ebola. Residents in Sierra Leone complain of food shortages amid lockdown

Frustrated residents complained of food shortages in some neighbourhoods of Sierra Leone's capital on Sunday as the country reached the third and final day of a sweeping, unprecedented lockdown designed to combat the deadly Ebola disease, volunteers said.

While most residents welcomed teams of health-care workers and volunteers bearing information about the disease, rumours persisted in pockets of the city that poisoned soap was being distributed, suggesting that public education campaigns had not been entirely successful.

The streets of the capital, Freetown, were again mostly deserted on Sunday in compliance with a government order for the country's six million residents to stay in their homes.

Spread by contact with bodily fluids, Ebola has killed more than 560 people in Sierra Leone and more than 2,600 across West Africa in the biggest outbreak ever recorded, according to the World Health Organization.

The disease, which has also touched Guinea, Liberia, Nigeria and Senegal, is believed to have sickened more than 5,500 people. THE ASSOCIATED PRESS

Drought. Central Valley residents rely on bottled water as wells run dry

Hundreds of domestic wells in California's drought-parched Central Valley farming region have run dry, leaving many residents to rely on donated bottles of drinking water to get by.

Girl Scouts have set up collection points while local charities are searching for money to install tanks next to homes. Officials truck in water for families in greatest need and put a large tank in front of the local firehouse for residents to fill up with water for bathing and flushing toilets.

About 290 families in East Porterville — a poor, largely Hispanic town of about 7,000

residents nestled against the Sierra Nevada foothills — have said their shallow wells are depleted. Officials say the rest of Tulare County has many more empty wells, but nobody has a precise count.

With California locked in its third year of drought and groundwater levels dropping, residents and farmers have been forced to drill deeper and deeper to find water. Lawmakers in Sacramento passed legislation to regulate groundwater pumping, which Gov. Jerry Brown signed into law this past week.

THE ASSOCIATED PRESS

Reform promises

Scottish leader says voters were 'tricked' into staying in U.K.

The debate over Scotland's future fizzled amid a bitter war of words Sunday, with the Scottish leader claiming his countrymen were "tricked" into rejecting independence in a referendum and Britain's three main political parties bickering over how to take political reform forward.

Alex Salmond, Scotland's outgoing independence leader, accused politicians

in London of reneging on their promises to hand more power to Scots in a rare cross-party pact that he said played a crucial role in swinging the votes in favour of union in Thursday's vote. His comments came after Prime Minister David Cameron stressed that plans to empower Scots should be linked to constitutional reform in England.

Just days earlier, Cameron and his political rivals had joined together in a vow to quickly pass laws to transfer key decision-making powers from London to Scotland's capital, Edinburgh.

THE ASSOCIATED PRESS

Security tightened

Man who scaled White House fence identified

The man accused of getting inside the White House after scaling a fence is a veteran who was awarded a medal for his service in Iraq and retired due to disability, the U.S. Army said Sunday.

Authorities have identified the intruder as Omar J. Gonzalez, 42, of Copperas Cove, Texas, and the army said he had served from 1997 to 2003, when he was dis-

charged, and again from 2005 to December 2012, when he retired.

Gonzalez was expected to appear in federal court Monday to face charges of unlawfully entering a restricted building or grounds while carrying a deadly or dangerous weapon — a knife, in this case. The Secret Service tightened security outside the White House after the breach in which the intruder carrying a knife climbed the fence, ran across the lawn and entered the building.

The first family was away from the White House at the time. THE ASSOCIATED PRESS

Election results

Afghanistan names new president after power-sharing deal

Ending months of vote-related tension, Afghanistan's election commission named a new president Sunday only hours after the leading candidates signed a power-sharing deal that names one of them as the country's new chief executive.

The commission named Ashraf Ghani Ahmadzai as the winner and next president and said that his

one-time rival, Abdullah Abdullah, will fill the newly created position of chief executive. But it did not release final vote totals amid concerns that doing so could inflame tensions.

The deal brings to a close an election season that began in April, when millions of Afghans first went to the polls despite threats from Taliban militants, and ended when the two leading candidates signed a national unity government agreement.

In between, the Abdullah camp alleged that its cause was cheated by massive vote fraud. THE ASSOCIATED PRESS

'We're going to lose our planet'

People's Climate March. Activists march to draw attention to global warming

Tens of thousands of activists walked through Manhattan on Sunday, warning that climate change is destroying the Earth — in stride with demonstrators around the world who urged policy-makers to take quick action.

Starting along Central Park West, most came on foot, others with bicycles and walkers, and some even in wheelchairs. Many wore costumes and marched to drumbeats.

But their message was not entertaining:

"We're going to lose our planet in the next generation if things continue this way," said Bert Garskof, 81, as a family member pushed his wheelchair through Times Square.

He had first heard about global warming in 1967, "when no one was paying much attention," said Garskof, a native

New Yorker and professor of psychology at Connecticut's Quinnipiac University.

Organizers said more than 100,000 marched in New York, including actors Mark Ruffalo and Evangeline Lilly. They were joined in midtown Manhattan by United Nations Secretary-General Ban Ki-moon, former vice-president Al Gore and New York City Mayor Bill de Blasio.

On Tuesday, more than 120 world leaders will convene for the United Nations Climate Summit aimed at galvanizing political will for a new global climate treaty by the end of 2015.

"My sense is the energy you see on the streets, the numbers that have amassed here and in other cities around the world, show that something bigger is going on, and this UN summit will be one of the ones where we look back and say it was a difference maker," de Blasio said.

The New York march was just one of many events around the world to raise awareness about climate change.

THE ASSOCIATED PRESS

Reports

Still spewing pollution, scientists say

Scientists estimate that the world spewed far more carbon pollution into the air last year than ever before.

That was mostly because of increases from the three biggest polluters: China, the United States and India.

The reports — released Sunday by the International Global Carbon Project team — come as world leaders gather at the United Nations to talk about how to reduce heat-trapping gases.

According to the calculations, the world pumped more than 39 billion tons of carbon dioxide into the air last year by burning coal, oil and gas. That was 2.3 per cent more than the previous year.

THE ASSOCIATED PRESS



Demonstrators make their way down Sixth Avenue in New York during the People's Climate March on Sunday, two days before the United Nations Climate Summit, where more than 120 world leaders will convene for a meeting aimed at galvanizing political will for a new global climate treaty by the end of 2015. Scan the photo with your Metro News app to see a gallery of images from the rally.

JASON DECROW/THE ASSOCIATED PRESS

Kindness, community support restores faith

MILA PETKOVIC
mila.petkovic@metronews.ca

Bleary-eyed, perspiring slightly and tummy rumbling, I came to as we pulled into the Big Apple at 6 a.m. after a 10-hour-plus bus ride from Toronto.

I stumbled down the steps and into the sunlight in front of Sts. Luke & Matthew church in Brooklyn.

This would be our home for the next couple of days. I was there to cover the People's Climate March as part of a media team making a documentary about the events surrounding the UN Climate Summit, called by United Nations Secretary-General Ban Ki-moon to take place Sept. 23.

My connection: Toronto350.org (one of the organizers of the rally committed to curbing climate change through fossil fuel divestment). My company: Five busloads of concerned citizens totalling 280 individuals that would ultimately contribute to more than 300,000 people (according to organizers) marching on the Sunday prior to the UN Summit.

On the ground

The bottom line is, the lengths each person in that room went to to attend showed real passion and dedication to the environmental movement.

During the march, I interviewed people from all walks of life who travelled far and wide to have their voices heard — a mom and her children from Philadelphia; two men from the Dominican Republic; frontline indigenous women from Canada; New York Police Department cops; and a 93-year-old Second World War veteran from New York.

This was without a doubt the largest climate change march in U.S. history — and the sheer volume of people gave me goosebumps and overwhelmed me with emotion.

I know I will never forget the experience of sleeping in a church basement with more than a hundred people barely two inches apart, then eat-

ing breakfast and marching together side by side the day after.

Our accommodations were not first-class, and despite my diligence of bringing earplugs and a sleeping mask, the cramped quarters and orchestra of snoring only afforded me a few hours of sleep. A simple visit to the washroom required intricate tiptoeing around a geography of bodies spread out in sleeping bags across the floor. The closest I got to a shower all weekend was a small box of baby wipes.

The bottom line is, the lengths each person in that room went to to attend showed real passion and dedication to the environmental movement.

It might sound a little cliché, but looking back I realize the kindness, community support and solidarity I experienced over the trip has boosted my sometimes waning faith in humanity. The kinship demonstrated amongst 300,000 everyday people and complete strangers created a profound experience that both transcended and powerfully addressed the issues we are facing.

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G20 meeting. Canada's finance minister urges weaker economies to follow our lead

Different economic situations require different approaches to meeting the G20's economic targets, Canada's finance minister said Sunday as he urged Europeans to follow Canada's recession-busting model.

Though finance chiefs from the 20 largest economies said they will focus on infrastructure investment to help reach the goal of boosting world GDP by more than \$2 trillion over the next five years, that's not necessarily the direction Canada is headed, Joe Oliver said.

"The type of action that we can take is different than the type of action that some, but not all, European countries have to take," Oliver told reporters in a conference call from Sydney where he was leaving the G20 finance ministers' latest talks.

Oliver said the government's stimulus program from 2008 achieved its desired goals.

Now, Oliver said, econom-



Joe Oliver
THE CANADIAN PRESS

ic growth in Canada will come from increased labour mobility, lower taxes, trade and he hinted that more will be revealed in the next federal budget.

By contrast, some European economies are still fighting an uphill battle, Oliver said.

"We need to provide flexibility for some countries to undertake the actions and some structural changes as well to get the growth going," he said.

"It should be done in the same way — a timely, targeted program which is temporary and where a credible plan to achieve a fiscal balance is set out and pursued when the need for a more stimulative program becomes less important."

THE CANADIAN PRESS

Will Nordstrom strike gold here?



HOW TO ROLL
Alison Griffiths
metronews.ca

Nordstrom has arrived in the frozen north, its Chinook Centre location having opened in Calgary last Friday. Hurrah! Finally, another place besides Holt Renfrew to buy \$100 pantyhose and \$200 T-shirts. I've been waiting a long time for a little more choice in my luxury shopping.

But here's a big question for investors: Will Nordstrom do a giant face-plant as Target did when it brought the big red ball to Canada?

Shortly after arriving in these climes last year, Target's share price climbed rapidly from \$58 US to \$73 US, and then almost as quickly slid to \$55. The stock has pulled itself back to nearly \$64, though its relationship with Canadians is still on rocky ground. On average, analysts covering the company have a 12-month \$60 target on Target.

In contrast, Nordstrom has been one of the more successful retail stocks in the last

Taking stock

Retail stocks in 2014 (to end of August):

- The best: Barnes & Noble Inc., +49%
- The worst: Aeropostale Inc., -61%

two years, during a period of incredible volatility in this already highly volatile consumer discretionary sector.

Since Target's Canadian launch, Nordstrom has marched upward from \$51.50 to nearly \$70. (Granted, there have been some big dips along the way, but it wouldn't be retail without the roller-coaster.) Analysts are predicting that the company, which offers you a place to drink Chardonnay with your Jimmy Choo shoes, will make it to \$74.

Target's Canadian swoon is attributed to a supply chain screwup, over-aggressive expansion and a total misread of the Canadian consumer.

In contrast, Nordstrom's success to date has been



Nordstrom recently opened its first store in Canada. THE ASSOCIATED PRESS FILE

credited to strong and cautious management south of the border, which bodes well for the rollout of a mere handful of stores here (Ottawa and Vancouver are planned for 2015).

That's all true, but there's more. Target in the U.S., especially for cross-border-shopping Canadians, was a destination. Shoppers loved the bright, friendly atmosphere and cheap clothes that were a tad sexier than the fare offered by the likes of Walmart.

Now brutal competition from other discounters plus the explosion in e-shopping has weakened Target's uniqueness.

Nordstrom, on the other hand, still has destination written all over it. Shoppers are drawn to the experience. It's nice to be fawned over while you empty your wallet.

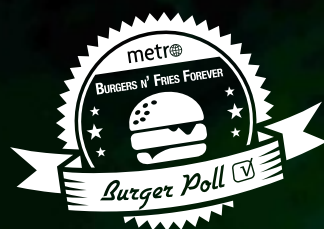
I might still buy those \$10 T-shirts at Target, but when it comes to stock, I'd incline to Nordstrom.

HUNGRY FOR ELECTION DAY?

We are serving up the Metro Burger Poll in partnership with Burgers N' Fries Forever. From **Sept. 22 to Oct. 20**, choose your favourite burger based on each of the mayoral candidates and share your photo on Instagram using #ottburgerpoll.

Will the top burger become Ottawa's next mayor?

Keep up to date with the Burger Poll @ metronews.ca/ottburgerpoll



Check out the **Metro Burger Poll @ Burgers N' Fries Forever** located at 329 Bank Street.

metr

3D printer heads to space

A SpaceX cargo ship rocketed toward the International Space Station on Sunday, carrying the first 3D printer for astronauts in orbit.

In all, the unmanned Dragon capsule is delivering more than 2,270 kilograms of space station supplies for NASA.

Dragon should reach the space station Tuesday. It's the fifth station shipment for the California-based SpaceX, one of two new commercial winners in the race to start launching Americans again from home soil.

The space station was soaring over the South Pacific when the SpaceX Falcon 9 thundered into Florida's pre-dawn sky. Sunday's weather was ideal for flying, unlike Saturday, when rain forced a delay. The rocket was visible for

Price tag
\$30M

A \$30-million US device for measuring ocean winds is also flying up on Dragon.

nearly three minutes as it sped out over the Atlantic, with the Orion constellation as a backdrop.

"What a beautiful morning it was," said Sam Scimemi, NASA's space station division director.

Sunday was a red-letter day for NASA in more ways than one.

Besides the flawless launch, the space agency's Maven spacecraft was on the verge of reaching Mars. The robotic explorer was scheduled to go into

orbit around Mars late Sunday night.

The space station-bound 3D printer was developed by Made in Space, another California company. It's sturdier than Earthly models to withstand the stresses of launch, and meets NASA's strict safety standards. The space agency envisions astronauts one day cranking out spare parts as needed. For now, it's a technology demonstrator, with a bigger and better model to follow next year.

A \$30-million US device for measuring ocean winds is also flying up on Dragon, along with 20 mice and 30 fruit flies for biological research and metal samples for a golf club manufacturer looking to improve its products.

THE ASSOCIATED PRESS

Markets this week

Traders buzzing about BlackBerry

Financial markets can look forward to some relative calm this week, with little in the way of key economic data expected in North America.

However, traders will be watching the latest earnings

report from smartphone maker BlackBerry on Friday.

CEO John Chen was hired last year to reshape the troubled company, which has cut costs and refocused its product and service offerings. It's expected to release a smartphone dubbed the Classic and a new format device called the Passport by the end of the month.

This week will be a marked change from recent trading sessions, which included unease over the independence referendum in Scotland in which Scots voted to remain in the United Kingdom and the latest interest rate announcement from the Federal Reserve in which the U.S. central bank took a standpat stance. THE CANADIAN PRESS

ELECTION TALK – & WHAT WE DON'T TALK ABOUT

Pocketbook issues — such as the size of your household tax, hydro or water bills — get plentiful attention from municipal election candidates. The numbers on those statements, after all, are easily grasped and hit voters where they live.

For the third mayoral campaign in a row, for example, the proposed rate of property tax increase has already become a prominent number in the debate. In 2006, it was Larry O'Brien's zero-means-zero tax freeze proposal, and in 2010, Jim Watson's 2.5-actually-means-less-than-2.5 cap on increases, a signature policy that's back again at a leaner 2.0.

One budget day a colleague who'd just recently arrived in Ottawa remarked on how extraordinary it was that the mayor's announcement of a tax increase was being greeted as a good news story, but it's all in the framing. Promise an increase limited to 2.5 per cent and then deliver one that's lower. Pause for applause.

Other potential ballot questions are shaped by the structure of formal candidates' debates, some of which are explicitly focused on



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

transit or the environment or, in the case of the ones put on by the Ottawa Chamber of Commerce, economic development. There's nothing wrong with any of that, says Michael Allen, the CEO of United Way Ottawa, except for what it leaves out of the conversation. "We feel that social issues have not historically had a very prominent place in the public policy debate and dialogue. Particularly in the context of elections, we don't think that they've received the attention that they deserve," Allen told Metro last week. "Our ambition this time around was to make sure that that didn't happen, that social issues weren't forgotten."

So they decided to put together a "candidate's primer" on social issues they think don't get enough airing at election time, and send it to everyone who's running. Right from the top, the package makes the point that when you get right down to it, crime, poverty, social exclusion, barriers to employment and affordable housing really are pocketbook issues: "They bear a direct relationship to our ability to attract and

maintain business, to encourage tourism, and to increase labour market participation, our tax base and consumer power."

It's also packed with numbers, often in an ounce of prevention/pound of cure vein, like the estimated return on a housing-first approach to homelessness, \$2.17 for every dollar spent. Allen doesn't see a clear divide between economic issues and social issues, and the primer repeatedly makes the connection between the two.

"We're looking to elevate the place that these issues have on the public policy agenda, and offer the perspective that these things are not competing interests," he said. "They are complementary."

A few days after the primer had gone out, United Way had heard back from 18 candidates, both incumbents and new candidates, some offering no more than polite acknowledgment that they'd receive the package, but others "have given it a read and are reflecting on it."

Sure, it's a modest response, but if United Way's intervention doesn't push drug addiction, employment rates among the disabled or the implications of an aging population onto centre stage, maybe they can at least squeeze them in a side door.

Super troopers



Revellers dressed as stormtroopers of the Galactic Empire pause during a Star Wars parade in Madrid, Spain, over the weekend. ANDRES KUDACKI/THE ASSOCIATED PRESS

Thousands take part in Spanish Star Wars parade for charity

Thousands of revellers took part in a Star Wars parade for charity, over the weekend in Madrid.

Darth Vader, his guards and troops landed in Retiro Park to meet with all of the forces of

the empire.

Attendees were able to take photos with their favourite troops and engage in a friendly fight after the parade.

The event was part of a charity event for FEAPS Madrid, an organization that aims to promote the social inclusion of people with intellectual disabilities.

METRO

Who were the stormtroopers?

Stormtroopers are the elite soldiers of the Galactic Empire.

- These faceless enforcers of the New Order were considered an extension of the Emperor's will, and often used brutal tactics as a way to keep thousands of

star systems throughout the galaxy in line.

- With few exceptions, they are distinguished from all other military units by their signature white armour.

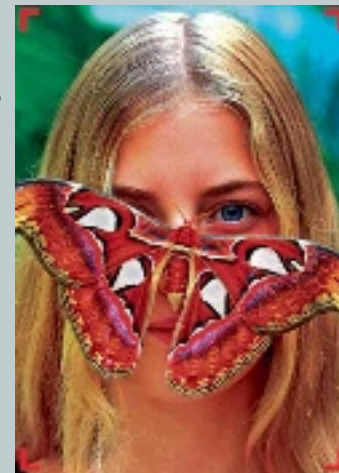
STARWARS.WIKIA.COM

MetroTube

How rude!

ANDREW FIFIELD
andrew.fifield@metronews.ca

Supremely gifted athletes such as Maria Sharapova earn praise for their otherworldly focus in the sort of high-pressure situations that would crush lesser mortals like us. But perhaps its time we give a little of that same love to musicians. Flutist Yuki Ota has certainly earned it, after advancing to the second round of an international competition despite this rude interruption from the loveliest of insects — lovely *and* rude. (Odensesymfoni/YouTube)



THE CANADIAN PRESS FILE

Twitter

@metropicks asked: A Canadian-led study into the "Jesus in Toast" phenomenon — why people see famous faces in objects — won a science prize for funny research. Which weird phenomenon would you like examined?

@Laurenkparsons: when you can't think of something and you walk through a doorway to remember.

@trifur: kinda looks like Bob Marley to me.

Join the conversation @metropicks



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 7 in News and page 10 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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Ebooks



The Maze Runner: Movie Tie-In Edition

By. James Dashner

Kindle/iBooks/Kobo



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

The book is a dark, sinister tale of boys trapped within an ultra-violent experiment to test their survival. The movie is a strangely sporty, feel-good adaptation. Loaded with video clips, photos, and featurettes, this enhanced edition makes for a useful comparison. With its made-up language and more honest portrayal of youthful despair, the book better serves its dark, challenging themes.

Television



Joan Rivers GETTY IMAGES FILE

E!'s gotta have Fashion Police — even without Joan Rivers

The E! TV channel says that Fashion Police will continue without Joan Rivers.

The decision was made that the late comedian would have hoped that Fashion Police continue, E! said. Rivers' daughter, Melissa, who is the show's executive producer, agreed and gave her "blessing," the channel said.

Fashion Police will return next January, starting with Golden Globes coverage, E! said. No further details about the show, including whether Rivers would be replaced, were announced. Other show hosts include Kelly Osbourne.

THE ASSOCIATED PRESS

Lady Gaga talks recovery from the 'pain of fame'

Flying free. Working on album with Tony Bennett helped singer get her groove back

After hip surgery and parting ways with her longtime manager, Lady Gaga says things are looking up.

"I'm very centred now. I meditate a lot. I'm happy. I am more sober than I've ever been," said the singer. "It's a very happy time in my life."

Last year, Gaga parted ways with longtime manager Troy Carter, who helped the pop star achieve multi-platinum status, dominate the pop charts and win multiple Grammy Awards. She said she was overworked and that greed led to their split.

"Part of what was making my sort of artistic experience so unpleasant was that I felt that I was not able to truly freely fly as an artist," she said. "In some ways my talents were not being used to their full potential."

Gaga says part of her happier state of mind comes from working with Tony Bennett on the album Cheek to Cheek, out on Tuesday.

The 28-year-old is currently on an international tour that wraps Nov. 24 in Paris. Calling from Istanbul, she spoke about being unhappy, letting go of her manager, her under-selling ARTPOP album and performing in Tel Aviv.

Did your disagreements with management affect the making of ARTPOP?

It certainly affected my mind during ARTPOP. I would have to say that whole situation had less to do with creativity differences and more to do with me really needing some time for myself to be creative.

My schedule was way too difficult. I was not able to keep up and my whole business became very focused on making as much money as possible as quickly as possible, which is really not where my heart is.

My integrity as a musician is so much more important to me than money ... While I was making ARTPOP, I was very tired. I'm actually very proud of ARTPOP. As much as it's had a lot of criticism, I think a lot of that had to do with where I am in my career, I've been on top for a long time. I think it's the nature of this industry; we love to build them up to tear them down.



Scan this photo with your Metro app to see a video of Lady Gaga and Tony Bennett singing I Can't Give You Anything But Love.
KARIM SAHIB/AFP/GETTY IMAGES

Quoted

"My schedule was way too difficult. I was not able to keep up and my whole business became very focused on making as much money as possible as quickly as possible, which is not really where my heart is." Lady Gaga

You sound like you're in a good place. Is that spilling over to the new music you're creating?

It is in the very super-early stages. I'm always writing music. I was up all the other night here in Istanbul writing and they had a lovely piano in my room and I was so excited, especially when I get to play a real stringed piano, not an electronic one; that always makes me happy. I've been writing some (songs) that I'm really sort of surprised at myself.

I have a lot of pain built over the past few years. It was very difficult being on the road for the Born This Way Ball without having a full, proper team around me. I was going through a lot of pain with my body that led to the hip surgery. I call it the pain of fame:

Your life changes a lot and the people that are around you, they change too.

Money makes people crazy and they see your life change and all of the luxuries and the things that come with becoming a star and they think, "I've known her my whole life ... or I've been here this whole time, I deserve all of that, too."

Other singers have backed out of performing in Tel Aviv. How did you make the decision to perform there this week?

I was very confident based on my relationships with lots of internal, political people. We're very lucky to have great relationships with the White House. They let us know it would be very safe while we were there, and I hope to share

that with the world so that they know it is safe to be in Tel Aviv right now ... I'm a gypsy and I live around the world, so in my mind when I was staying in Tel Aviv — I say this on my song Gypsy on ARTPOP: "Be my home just for the day" — that would have been my home while I was there and it was ... I felt a beautiful energy when I was there.

U2 released its new album alongside Apple, and Jay Z and Beyoncé also released recent albums in unconventional ways. What do you think about that and do you think of innovative ways to release music when readying a project?

I think honestly what we need to be doing, and this is my opinion, is instead of trying to find ways to trick the world into focusing on the album for a brief moment, I think that artists need to speak more about how media treats the artists and making the distinction between the celebrity and the artist, because everything is all in one pool now isn't it? We're all the same and there are some pretty terrible celebrities out there, let's be honest, right? People famous for no reason.

So, I think the more the media can help us to support the artist and support music in a way that's maybe less critical for journalists that are not as knowledgeable about music and help to just spread the music and see the music as gift to the world. I really believe that once the press becomes more kind, I think a lot of the things in the universe are going to change.

It makes me scared when I hear that there's pro-ISIS (the Islamic State of Iraq and al-Sham) rallies in America because I think that social media has created this sort of negative undertone in the universe. People feel that they can say or do anything; it makes them feel a sort of comfort when really it's just giving hatred a petri dish to fester.

I know that was sort of a random answer for a question about album marketing. I really believe it lies in the hearts in the people that are writing about the music. The more we honour and support the artist, the more the art will live on forever. Otherwise, it's going to continue to be what I think pop music is now, which is sort of this giant tabloid. It's become quite trashy, in my opinion. THE ASSOCIATED PRESS

Clay's on the campaign trail, and he wants to talk celeb selfie leaks

A new batch of nude selfies supposedly belonging to celebrities like Kim Kardashian, Vanessa Hudgens, Lake Bell and Avril Lavigne hit the web over the weekend, flooding Twitter and Reddit. It's unclear whether this new batch of photos, coming three weeks after the massive iCloud hacking celebrity photo leak, are authentic, and reps for the women have had no comment.

But you know who does have a comment? Clay Aiken. Because obviously everyone was waiting for him to chime in on the subject. "Anybody who takes inappropriate pictures of themselves deserves exactly what they get," Aiken tells the Washington Post. "Of course whoever (stole and released the photos) should be hogtied. And it's unfortunate that we don't have Internet security right now or the laws in place to protect people from



Clay Aiken ALL PHOTOS: GETTY IMAGES

pirating that stuff." Maybe Aiken, who is running for a congressional seat in North Carolina, can make that part of his platform: admonishing people for their personal choices and trying to stop "pirating that stuff." Has a nice ring to it.

t.A.T.u singer is OK with someone being gay — just not if it's her son

I know we've all been waiting to hear what the girls from t.A.T.u., the faux-lesbian one-hit wonder Russian duo, think about homosexuality, considering the increasingly hostile environment toward gays and lesbians in Russia. Well, I've got some bad news. Singer Julia Volkova would not be too thrilled if she ended up with a gay son. "Yes, I would condemn him, because I believe that a real man must be a real man," she said during an appearance on a Ukrainian talk show. "God created man for procreation, it is the nature. ... I won't accept a gay son." But don't worry, guys. Some of her best friends



Julia Volkova

are gay and she's totally down with them, so long as they're not related to her. "I'm not against gays, I just want my son to be a real man, not a f—," Volkova adds. Oddly enough, she didn't say how she'd feel about having a daughter who pretended to be a lesbian to boost album sales.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Matt Damon is ready to be Bourne again



STARGAZING
Malene Arpe
scene@metronews.ca

This Week in Reboots: 1) I Know What You Did Last Summer is getting a redo. 2) Matt Damon may finally reprise his Jason Bourne role. 3) Casting begins for the sort-of sequel to Richard Linklater's Dazed and Confused. 4) King Kong is getting yet another wake-up call for Skull Island. 5) Richard Lugner, an 81-year-old Austrian construction mogul, marries 24-year-old Playboy model Cathy Schmitz.

After berating a wheelchair user for not standing up at his concert,

Kanye West says the media should stop "demonizing" him as he's a "married, Christian man with a family." He went on to explain that, as an avid fan of the Ming Dynasty, he's upset over the price of vegetables and will start sleeping in on the weekend.

This Week in Pop Tarts: 1) Selena Gomez got bangs. 2) Demi Lovato says a fan farted on her. 2) Ariana Grande reportedly said she wishes her fans would just die.

Martha Stewart says of Gwyneth Paltrow and GOOP, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Martha Stewart has now officially reached the age known as "Watch me expertly fold this linen napkin into a flock of swans while not giving one silent, ladylike burb what you think."



Ben Affleck

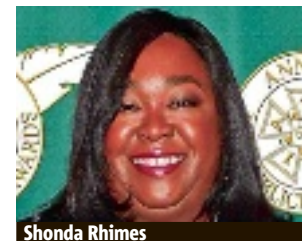
Ben's a gambling man who likes to count cards

That story about Ben Affleck getting kicked out of a Las Vegas casino for counting cards at blackjack? "That is a true story," he confirms to Details magazine. "I knew with blackjack that there's a way you can improve your odds, and so I started trying to learn. And then I just got to a point in my life where I'm like, 'If I'm going to do something, I'm going to try and do it really

well.' It was sort of presented like I did something illegal. You know what I mean?" We do, Ben. We do. The new Bruce Wayne thinks the whole system is messed up, man. "Once I became decent, the casinos asked me not to play blackjack. I mean, the fact that being good at the game is against the rules at the casinos should tell you something about casinos," he says.

Shonda Rhimes is angry — so deal with it

Shonda Rhimes read Alessandra Stanley's New York Times piece about her being "an angry black woman" and "a romance writer" in relation to the new show How to Get Away with Murder, and Rhimes is, well ... angry. "Wait. I'm 'angry' AND A ROMANCE WRITER?!!" Rhimes posted to Twitter. "I'm going to need to put down the internet and go dance this one out. Because ish is getting real." She also helpfully pointed out a glaring error in



Shonda Rhimes

Stanley's story: Rhimes isn't actually the creator of How to Get Away with Murder — Pete Nowalk is. He's white and male, but possibly still angry.

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News worth sharing.

Raising kids is expensive, so set their priorities early

Baby steps. A child-specific budget will help control and balance their costs with family's needs



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Kids are expensive. Never mind what some people are prepared to spend to get them here — getting them “independent” can cost a small fortune.

You may need a bigger car. You may need a bigger home. And then there are all the costs of keeping your mini-me fed and clothed, dental bills, school supplies, hockey, ballet, soccer, karate — the list can seem endless.

The first year of a child's life is often pretty expensive. Not surprising, when you think of all the gear we have to get to bring baby home. And the cost of diapers!

It also comes as no surprise that costs go up when kids hit their teenage years.

So how do you get your kids to self-sufficiency without going broke? You make a budget.

Although many of the hard costs (food, the roof over their heads, transportation) fall naturally into your budget,



Parents sacrifice a lot for their children, but making the right choices early can help keep everyone happy. ISTOCK

there are costs that are uniquely associated with the kids. One kid is happy to live in jeans and T-shirts, while another won't wear anything but American Eagle. If Junior is a sports maniac, there are league fees, equipment costs and transportation costs. Never mind all the eating out on the road.

The trick to not letting kids' expenses get way out of hand is to allocate a specific amount to each child's activities and needs, and stick with the plan.

Start by listing all the

things your children do. Their needs won't be the same, and spending equally on them won't be more fair. Giving them what they need, when they need it, is the goal. Over time, as their needs shift, so should the way you allocate the money. And, over time, it should all come out even.

Some parents struggle with meeting their kids' needs while staying afloat financially. If you're a single parent or your family is living on one income, make sure you're claiming the eligible dependent amount on your tax return.

There are lots of other expenses that may be claimed on your tax return to mitigate your costs. Paying for a babysitter? Sending your kid to camp? Claim child-care expenses on the lower net income to get the biggest benefit. Get and keep your receipts to make your claim stick if it's challenged.

And don't forget about the child fitness amount of up to \$500 per year per child 16 and under, for everything from soccer to gymnastics.

Your kids' budget should include a regular amount set

aside for educational savings. If you start early, you don't have to set aside a lot, and each dollar you put into an RESP can help your child earn up to \$500 a year in free grant money.

When shopping for an RESP, make sure you stick with an individual or family plan offered by most financial institutions. Steer clear of the group plans or “scholarship trusts,” which have come under fire for being both expensive and inflexible.

Kids cost money, no question. We sacrificed fancy furniture and vacations in the early years. And my entertainment was sitting and watching my kids as they learned about the world. Those were some of my happiest years. We had a ball.

I shopped garage sales and second-hand stores, shared what I had with friends, and chose one activity at a time for my kids so they weren't overwhelmed and I didn't go broke.

It's all about the choices we make and about figuring out what's most important so we can prioritize those choices.

Kids don't arrive in designer labels, and they don't much care about stuff until someone teaches them to be concerned about what other people think.

Dodge that bullet and you can save yourself a fortune.

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Partying too much? Your phone knows

Mental health app. StudentLife app tracks behaviour patterns such as sleeping, eating and socializing

The first smartphone app that automatically provides indicators of mental health status has been created by researchers at Dartmouth University in New Hampshire.

The first version is oriented towards students, but is applicable to all populations, with an eye to reducing stress and increasing productivity and quality of life.

The StudentLife app tracks

mental health status via smartphone sensors. For the first test, a group of 48 students used the app to monitor their phone sensors, such as accelerometer, microphone, light sensor and GPS. The readings were used to interpret students' mental health based on factors such as stress, time spent socializing and physical activity.

The app was able to measure many behaviours automatically, including conversations in number and duration, sleep duration, walking, sitting, running, standing and the location on campus, discerning automatically between the gym, the cafeteria, parties and class. It could even detect eating habits.

The researchers compared

the results to traditional mental health evaluations of the test group and concluded the app's assessments were accurate.

The prototype version provided neither feedback nor interventions, but the idea is for individuals to be able to track their mental health and manage their stress before it wears on them enough to require doctors' visits.

“We purposely provided students with no feedback in this first study because we didn't want to use StudentLife as a behavioral change tool,” says computer science Prof. Andrew Campbell, the study's senior author. “Providing feedback and intervention is the next step.” **AFF**



A smartphone app is being developed to automatically track your behaviour and alert you if it senses undue stress or threats to your mental health. **AFF**

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Why leaning in is not for Zosia Mamet

Girls gone happy.

The actress, musician and columnist talks about pursuing passion and joins forces with Glamour to empower women to make a mark

LAKSHMI
GANDHI

Metro in New York City

Zosia Mamet is living proof that even if you don't think you can get a job you're going for, you should still try.

Along with her three co-stars, Mamet burst onto the scene two years ago with the premiere of the hit HBO show *Girls*. But many fans may be surprised to learn that after auditioning, Mamet was convinced that she would never get the role of Shoshanna.

"I was very ill. I had pneumonia," the 26-year-old Mamet recalls of the tape she sent in to the show's casting director. "I had no makeup on and I made it in a barn in upstate New York. I did one take because I was so sick, so I thought my chances were slim, but I was wonderfully surprised."

We recently caught up with Mamet to get her personal definition of success and to find out why she says she's not going to lean in.

How do you define a woman who is making her mark?

I think it's anybody who is contributing in a strong way to the world, or to their community or to their profession or their creative endeavour. There are many, many vast ways to make your mark. That's what (the



Perhaps best known for playing Shoshanna Shapiro on the HBO original series *Girls*, Mamet has also appeared in *Mad Men*, *United States of Tara* and *Parenthood*. GETTY IMAGES

Skyla Make Your Mark contest is trying to do): To inspire and engender amongst women the idea that you

can make your mark in so many ways. And you should feel good about whatever way that is.

You once wrote a *Glamour* column about the Lean In movement and how that's not for you. Can you talk

Making her own mark

It's been a busy couple of months for Mamet.

- In addition to working on *Girls* and her next album, she's also been writing a regular column for *Glamour* magazine.
- Mamet and the magazine recently teamed up with Bayer HealthCare to launch the Skyla Make Your Mark contest, which seeks to promote young women from all walks of life who are making an impact in their fields.

more about that?

I rewatched *Baby Boom*, that Nancy Meyers movie. I've been a fan of the film since I was a wee tot, but I hadn't watched it in a few years as being sort of as an older human. And seeing this character who chose something other than the path that everyone thought she should choose, and how it actually ended up making her happier than she was.

I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized.

I felt very much in the same that you are making your mark as a woman no matter what you do — whether you are a CEO or a mother. But it's just the specific way that you're doing it, and if you're doing it with passion and confidence, then that's the most important.

I also heard that once when you were a little kid, you heard a bunch of grown-ups talk about work and you became really sad about that.

I used to sneak into my parents' dinner parties and there was this common theme where people would start bitching near the end of the dinner party because they had to go home because they had to get up for work.

They would bitch about work and how they hated their jobs, and I didn't understand as a kid.

You're given this blank slate; why would you choose to do something that makes you unhappy? If you want to be a painter, be a painter. If you want to be a doctor, go be a doctor, you know?

And of course being an adult now I realize that sometimes there are things that keep you from your passion. I was just so saddened by it. To me, you should do something you love and are passionate about.

Choosing pleasure over the power suit

"I feel like often women are knocked for making choices that make them happier because they are not necessarily grand choices, and I think that is how feminism has become bastardized." Zosia Mamet



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Lessons from the desert

For the best ending, journal your own story

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

Writing an account of a challenging journey at day's end can completely change the journey itself.

Taking on a complex rehabilitation, a job search, an ultra-marathon in the desert or a project that will require tenacity and effort, sets us out on a road filled with potential setbacks and obstacles to overcome. The question is: How do we want the project to go?

Given the choice, most of us would say, "I want it to go well."

While writing a vision for a project flows naturally into a plan with strategies and tactics, writing



Keeping journal entries of your accomplishments throughout a training regime or other long-term project can improve your chances of success. ISTOCK

afterwards involves documenting our own project's story daily, as we experience it. The act of writing calls on us to behave in a way that will produce the desired outcome.

While training for the Gobi desert ultra-marathon, knowing I would be writing a few sentences at the end of each day forced me to consciously think about how my training would go. Would I want my journal entry to read: "I intended to run, but stayed in bed too tired to move," or, "Exhausted, I forced myself up to keep my word, got soaked by the rain, and saw beautiful mist on Lake Ontario." Most would choose the latter.

While we all face challenges to keep commitments, deep down most of us want to keep our promises, be them to others or to ourselves. This is a main benefit of joining a running group for example — they make us feel accountable to our group. Since it is easy to let ourselves off the hook when struggling to keep our commitments, forcing ourselves to write about them significantly increases our sense of accountability. Not only can this help us correct course daily, it can also activate us to consciously scan for insights in order to quicken the journey. More importantly, it can unlock our "inner warrior" to go far beyond what we first thought was impossible.

Chronicling the project can then cascade into being the proactive author of our own life's story.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Written resolve

Since it is easy to let ourselves off the hook when struggling to keep our commitments, forcing ourselves to write about them significantly increases our sense of accountability.

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When tweets are more tasteless than teehee

Dear Metro,

I noticed one of my young co-workers posting rude comments on Twitter. The things he's saying are not only inappropriate — they reflect badly on our company. He deserves to be reprimanded for this behaviour, but I don't necessarily want to get him in too much trouble so early in his career. What should I do?

— Don't Wanna Rat



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear DWR,

When it comes to tweeting your mind, there can be a fine line between self-expression and self-sabotage. Lots of RTs might make you feel invincible, but you're certainly not: more and more, social media fumbles lead to hard dismissals. Just last month in Ottawa, Opera

Lyra singer Valerian Rumin-ski made the news after a Facebook post mocking a man's bejewelled Pride Week manicure got him booted from the company.

With that in mind, it seems this kid needs a lesson in consequences. If

you feel your colleague has promise — maybe his comments fall more into the "provocatively dirty" camp than the "outwardly prejudicial" camp — you could take him aside for a discreet but on-the-level chat. Tell him you came across

his feed, and wanted to let him know that he could be plunging himself into a big, job-threatening mess.

If your workplace has an on-paper social media policy, remind him of the guidelines — and of the should-be-obvious fact that the digital sphere is by no means a private one. He should probably delete the problem tweets and definitely bolster his security settings. Or better yet, not

broadcast damaging things to begin with.

But on that note, it's worth questioning whether this person deserves to be reprimanded.

There is zero defence for tweeting sexist, racist or homophobic comments of any sort.

And with a worker's out-of-office behaviour increasingly regarded as a reflection of their company's brand, employees should

assume that bigoted online speech is a fireable offence. (In addition to being an offence, full stop.)

But the slope can be slippery, particularly if an employer seeks to limit their staff's freedom to express political or religious viewpoints — or just to show their after-5 p.m. personalities, vulgar as they may be.

It's difficult to judge without knowing the content of your co-worker's remarks, but within limits, we should have the right to be rude.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.



We've all got a peeve or two we dream of making public, but your boss may not find a broadcasted bash session as funny as this guy. ISTOCK

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Let's blab about your outbursts

If you feel your colleague has promise — maybe his comments fall more into the 'provocatively dirty' camp than the 'outwardly prejudicial' camp — you could take him aside for a discreet but on-the-level chat.

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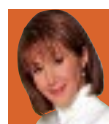
Balance peppery flavour of arugula with the sweetness of sweet potato



TOTAL TIME
ABOUT 20 MINUTES

This recipe serves six. ROSE REISMAN

Arugula Lentil Sweet Potato Salad. This dish is full of antioxidants, protein and fibre



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to your table in
30 minutes or less

tious greens: arugula.

This veggie is full of antioxidants that are known to fight free radicals to reduce the risk of cancer.

The protein and fibre in this salad come from the lentils, which are known to

lower cholesterol, prevent heart disease and stabilize blood sugars to prevent Type 2 diabetes.

Sweet potatoes are more nutritious than white potatoes, with more fibre and antioxidant. They are also a lower glycemic vegetable than the white potato.

Sweet potatoes' natural sweetness goes well with spicy arugula.

Directions

1. Preheat oven to 450 F.

Nutritional information

Per serving: 248 calories; 38.3 g carbohydrates; 6.6 g fibre; 8.4 g protein; 11.7 g total fat; 3.6 g saturated fat; 19.3 mg cholesterol; 172 mg sodium

Spray a baking sheet with vegetable oil. Bake the sweet potatoes for 10 minutes or just until tender. Cool.

Ingredients

- 2 cups peeled, diced sweet potato
- 8 cups arugula or spinach
- 1/2 cup black or green cooked lentils (freshly cooked or canned)
- 1/3 cup dried cranberries
- 1/2 cup sliced red onion
- 1/3 cup crumbled goat cheese

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

2. In serving bowl add arugula, lentils, cranberries, onion, goat cheese and sweet

potatoes. Combine ingredients for dressing, pour over salad and mix well.



This recipe serves six. ROSE REISMAN

Asparagus' dramatic side

This is a great way to liven up asparagus when you want a more dramatic vegetable dish.

The flavours of the meat, cheese and veggies combine so well together.

They can also be a perfect pick for your next party appetizer!

1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Place the prosciutto flat

on a clean work surface. Divide the goat cheese among the prosciutto slices, spreading it thinly down the centre. Place 3 to 4 asparagus spears crosswise on top of each slice of prosciutto. Wrap the prosciutto tightly around the asparagus and transfer to the prepared baking sheet. Spray the bundles with cooking oil.

3. Bake in the centre of the oven for 10 minutes or just until the asparagus turns

bright green and is slightly tender. Garnish with red pepper.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

Ingredients

- 6 slices prosciutto (about 4 oz)
- 1/2 cup softened goat cheese (2 oz)
- 1 lb trimmed thin asparagus
- 2 tbsp finely diced red bell pepper

Sunseri outshines Burris's brilliance

Road win slips away.
Riders beat Redblacks after field goal in OT

Chris Milo kicked a 22-yard field goal in overtime to give the Saskatchewan Roughriders a 35-32 victory over the Ottawa Redblacks on Sunday.

It was Milo's second chance to win the game in extra time. On the Riders' first possession, he missed a 37-yard field goal attempt. A bad snap affected the timing of the play and the kick sailed wide.

Ottawa, however, couldn't capitalize on the missed kick. Kicker Brett Maher had a chance to tie the game for the Redblacks with a 37-yard field goal attempt, but it was blocked and fell short.

In his second straight start, Saskatchewan quarterback Tino Sunseri fared much better than the previous week.

Sunseri engineered a last-minute, game-tying touchdown drive to force overtime. A pass interference penalty moved the Riders to the Ottawa one-yard line with 54 second remaining in regulation. One play later, running back Anthony Allen plunged ahead for a one-yard touchdown run to pull the Riders to within two at 32-30. Weston Dressler caught the two-point convert to pull the Riders even.

Sunseri finished the day 20-for-32 passing for 260 yards and two touchdowns.

His effort overshadowed the stellar play of his counterpart Henry Burris. Burris



Ottawa Redblacks wide receiver Mitchell Carlton celebrates one of three touchdown passes tossed by quarterback Henry Burris against the Roughriders in Regina on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

On Sunday

35

Roughriders

32

Redblacks

threw three touchdowns and ran for another in the loss. The former Roughrider was 23-for-38 passing for 282 yards. His one interception came in his team's first overtime possession.

Wallace Miles caught two of Burris's touchdown passes and Jeremiah Johnson caught the third one midway through the third quarter, a score that gave Ottawa a 29-17 lead. Burris's rushing major, an eight-yard scamper, came on Ottawa's second offensive possession.

Ottawa's Maher kicked a 24-yard field goal in the fourth quarter.

The Riders improved to 9-3 and gained ground on the West Division-leading Calgary Stampeders, who lost earlier in the day to the Montreal Alouettes. Ottawa dropped to

1-10.

Dressler was a bright spot for the Riders' offence. He scored two touchdowns, one on a 60-yard reception in the fourth quarter to pull the Riders close at 29-24. Dressler's first touchdown of the day was a 78-yard punt return.

Ottawa led 22-10 at half-time.

The 32 points scored by Ottawa was the team's highest output of the season. Their previous high came in Week 2 in a 36-28 loss to the Winnipeg Blue Bombers.

THE CANADIAN PRESS

Living up to the hype

Seahawks repeat win in Super Bowl rematch

Peyton Manning did all he could in the final minute of regulation to get the Denver Broncos to overtime.

Russell Wilson made certain he never saw the ball in the extra session and ensured the Super Bowl rematch went in favour of the defending champion Seahawks.

Marshawn Lynch scored on a six-yard TD run on the first possession of overtime and the Seahawks beat the Broncos 26-20 on Sunday in a showdown that lived up to expectations.

THE ASSOCIATED PRESS

MLB

Royals beat Tigers, hold on to wild-card spot

Nori Aoki hit a two-run triple, helping Jeremy Guthrie and the Kansas City Royals hold their AL wild-card spot by beating the Detroit Tigers 5-2 Sunday.

The Royals avoided a three-game sweep and moved within 1 1/2 games of the AL Central-leading Tigers. Kansas City began the day with a half-game edge over Seattle for the second wild-card spot. Aoki's triple in the fourth scored Omar Infante and Mike Moustakas to break a 2-all tie and end the day for Rick Porcello.

"Today's game shows that we're not going away," Royals manager Ned Yost said.

THE ASSOCIATED PRESS

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I would like to share my case. Thanks to Archangel, my life has taken a turn for the better. Before, there was no good in my life, only misfortunes. Now that Archangel has cured me, keeping commitments to people that have turned their backs to me during hard times, does not interest me. I have started from zero and I am cured, which is the most important thing. Thank you, Archangel. — Sonia Salgado Vera

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

If you believe from start that something will go wrong, you increase the chances of failure ten-fold. Whatever you are involved with this week, keep telling yourself that you know it is going to succeed.

♉ Taurus

April 21 - May 21

Be careful you don't offend people by making a joke about things they take very seriously. The world would be a better place if everyone could laugh at misfortune but it won't happen.

♊ Gemini

May 22 - June 21

Don't worry about money or problems because the Sun's change of signs tomorrow means you will soon have more enjoyable issues to focus on.

♋ Cancer

June 22 - July 23

You are torn between doing something you enjoy but which won't bring financial success, and doing something you don't enjoy that could be profitable. Be true to your instincts.

♌ Leo

July 24 - Aug. 23

You may fear losing something you are attached to but if it's got to go it's got to go and there is nothing you can do about it.

♍ Virgo

Aug. 24 - Sept. 23

Before starting anything new over the next few days remember your head will have to live with the consequences of what your heart decides.

♎ Libra

Sept. 24 - Oct. 23

Is it in your interests to follow a certain course of action? Your mind may be confused today but tomorrow, when the Sun moves into your birth sign, all will be clear, so leave it for now.

♏ Scorpio

Oct. 24 - Nov. 22

It doesn't matter how much you own or how much you earn. If you are happy with your lot, you don't need a lot. Bear that in mind over the next few days.

♐ Sagittarius

Nov. 23 - Dec. 21

A window of opportunity is about to close and if you don't take advantage of it right now it may be shut forever. There will be other opportunities but why waste this one when it seems tailor-made for you?

♑ Capricorn

Dec. 22 - Jan. 20

What happens over the next few days will have a big impact on your career. For that reason alone you must do the best work you possibly can.

♒ Aquarius

Jan. 21 - Feb. 19

A difficult time of year is drawing to a close and when the Sun moves in your favour tomorrow it will feel as if a load has been lifted from your back.

♓ Pisces

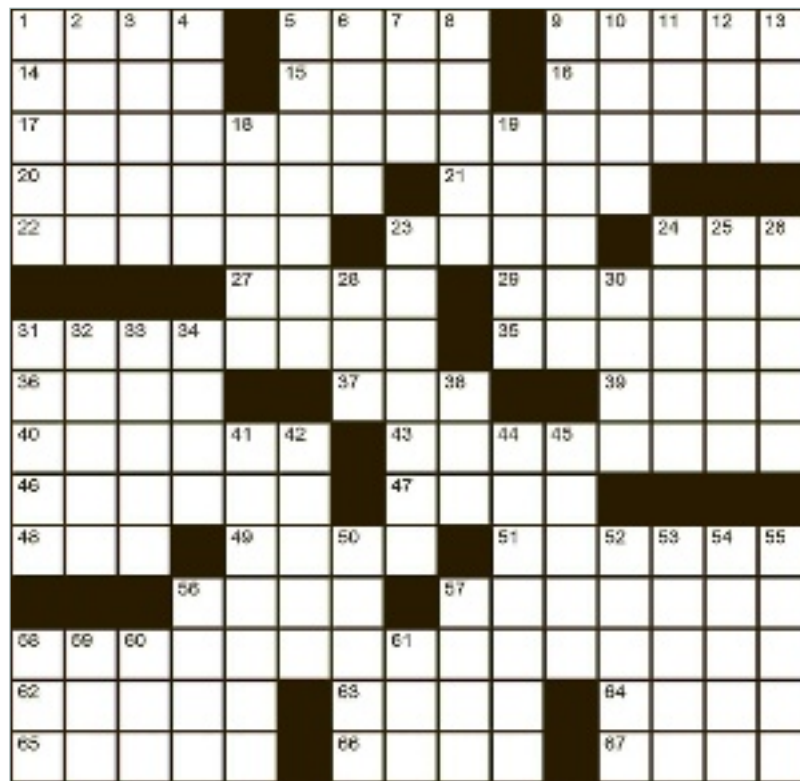
Feb. 20 - March 20

An issue you had forgotten about will return to annoy you today and this time you have got to deal with it effectively. Show people you can be firm.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Inactivity
5. Spring
9. Copper, for one
14. Wing-like
15. "___ la Douce" (1963)
16. Not late/Not on time either
17. At Ease! It's not compulsory in Canada: 2 wds.
20. ___ Music Prize, Canadian album honour
21. Yes
22. Writing implement
23. Prefix to 'scope'
24. Initials-sharers of Eddie Cibrian's ex-wife
27. Mozart opera, ___ Fan Tutte
29. Canada's capital
31. ___-___ sweater
35. Remained
36. Scent, variantly
37. "Gangnam Style" guy
39. Bobby Brown song
40. Rocker's amp effect
43. Edmonton... Art Gallery of Alberta's current exhibition, ___Lautrec and La Vie Moderne: Paris 1880-1910
46. "Buffy the Vampire ___"
47. English river
48. Iowa's capital, ___



Moines

49. Shade's proper-upper
51. Cause and ___
56. Conserve
57. Inventive individual
58. Michael J. Fox movie: 4 wds.
62. 2002 to 2005 TV series, "Sue Thomas:"

___"

63. ___ of a lifetime
64. Extends
65. Celebrated
66. 'Kitchen' suffix
67. Taking-away-from-something's result

Down

1. Safety ___ (Accessibility aids)

2. George ___, Silas Marner author
3. Oscar-winner Ms. Field
4. Lawyer's time to shine
5. Corporate go-between
6. Goes astray
7. Ms. Grant of music
8. Not in

9. British Columbia city
10. Roof's overhang
11. Three
12. Vodka, e.g.
13. Caustic solution
18. Load transporter
19. Across-the-Pond moneys
23. Road trip break: 2 wds.

24. CCR's "Born on the ___"
25. Ms. Stefani's
26. "Sexy ___" by The Beatles
28. Lightly take a drink
30. Edible root
31. Appetizer, ___ 'oeuvre
32. "Set Fire to the Rain" singer
33. Some stars
34. Squirrel's nest
38. Not me
41. Akin
42. Canadian channel
44. Payment for a service or facility: 2 wds.
45. 'The fire', in French: 2 wds.
50. Length unit
52. Lethal
53. Music piece
54. Casual pants, e.g.
55. Lock of hair
56. Canadian singer Ms. Sweetnam
57. Hibernia human
58. Dearest pal, texting-style
59. Homer's dad on "The Simpsons"
60. This, in Montreal
61. Very 'in' right now

Friday's Crossword



Online

See today's answers at metronews.ca/answers

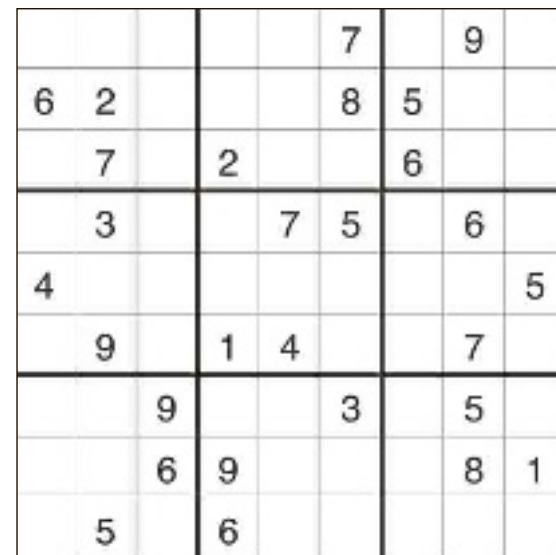


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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- CHANDELIER
- BEST I EVER HAD
- HABITS [STAY HIGH]
- THIS IS HOW WE DO

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